

CHAMP

USU CONSORTIUM
FOR HEALTH AND
MILITARY PERFORMANCE



Coming Home

Deuster/Kemmer/Tubbs/Zen

Overview



- **Issues with “coming home”**
- **Healthy “coming home” behaviors**
- **Importance of down time and sleep**
- **Risks of bingeing behaviors**
- **Concerns with alcohol**
- **Foods to counter stress**





Coming Home Issues



- **Health and well-being**
- **Adjusting to home life**
- **Depletion of essential nutrients**
- **Wide choices in food and beverages**
- **Medical issues**
- **Pace of life**





Healthy “Coming Home” Behaviors



- **Down time**
- **Good sleep habits**
- **Healthy eating**
- **Exercise and physical activity**
- **Planning and time management**



Down Time = Rejuvenation = Reset



- **Rest is a critical aspect of recovery**
- **Mental and physical stressors are common during deployment**
- **Mind and body need to recover**
- **Re-setting the stress-response system is important**
- **Time off, with relaxation, is essential**



Sleep



- **Vital for re-establishing normal daily rhythms**
- **Necessary for optimal mental and physical performance**
- **Hormones, such as cortisol and growth hormone, are greatly affected by loss of sleep**





Importance of Sleep



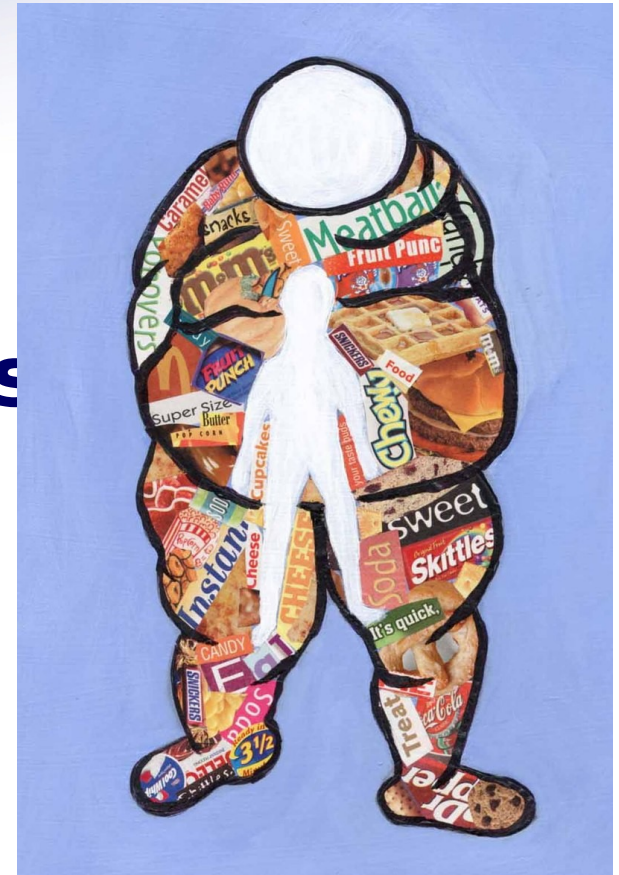
- **Growth and development**
- **Restoration of the nervous system**
- **Immune function**
- **Memory and learning**
- **Mood improvement**
- **Human behavior**



Risks of Chronic Lack of Sleep



- **Obesity**
- **Diabetes**
- **Cardiovascular disease**
- **Infections**
- **Mood disturbances**



Sleep Disturbers



- Caffeine
- Nicotine
- Alcohol
- Decongestants
- Late day exercise
- Pain relievers
- Steroids

ockers





Signs of Sleep Deprivation



- **Difficulty waking up in the morning**
- **Difficulty concentrating**
- **Falling asleep during work or class**
- **Feelings of irritability, depression, anxiety and/or moodiness**

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. Answers to the questions range from 0 to 3, with 0 meaning you would never doze or fall asleep in a given situation, and 3 meaning that there is a very high likelihood that you would doze or fall asleep in that situation.

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation:

Click on red box to calculate score

Sitting and reading

Watching TV

Sitting inactive in a public place

Being a passenger in a motor vehicle for an hour or more

Lying down in the afternoon

Sitting and talking to someone

Sitting quietly after a lunch without alcohol

In a car, while stopped for a few minutes in traffic

 N/A

TOTAL SLEEP SCORE

N/A



How to Get Good Sleep?



- Find a bed with the right mattress and pillows
- Use a bedroom that is for rest only
- Find a room with adequate airflow and a comfortable temperature
- Use a fan to block out noises
- Hide the clock to prevent constant oversight
- Find a room that is dark in the morning

Bingeing Risks



- **Too much food: unwanted weight gain**
- **Alcohol dependency**
- **Driving under the influence**
- **Domestic problems**
- **Work-related conflicts**
- **Potential for diseases, such as liver, heart and metabolic disorders**



Alcohol



- **Can be a significant problem when “coming home” from deployment**
- **Contributes to obesity and abdominal obesity (belly fat)**
- **Provides 7 calories per gram (mostly “empty calories”)**
- **Potential for causing liver disease**



How Much is Enough?



- Two servings are considered moderate and safe for most people
- Two servings a day for men may increase good cholesterol
- One serving consists of:
 - A 12-oz bottle or can of beer
 - A 5-oz glass of wine
 - A shot of liquor or spirits



Binge Drinking



- **Drinking > 5 drinks in one day**
- **Drinking until intoxicated over a period of at least two days**

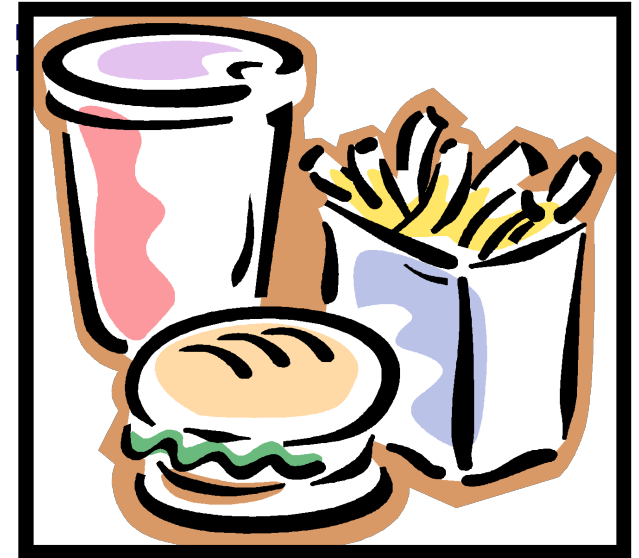
“Those consuming > 21 drinks per week were at 6 times the risk for subsequent alcohol-related hospitalizations” - Army Report

- **A sign of being overstressed**





- **Combats increase in body fat particularly in the belly**
- **Avoid the following**
 - **Caffeine**
 - **Hard liquor**
 - **Tobacco**
 - **Trans fatty acids**
 - **Fast foods**



Anti-Stress Nutrients



- **Vitamin B and magnesium for producing serotonin, which helps regulate mood**
- **Vitamins C and E**
- **Zinc**





Top Foods for Combating Stress



- Almonds
- Sweet Potatoes
- Whole grains
- Goat Cheese
- Whey
- Melon
- Berries
- Grapes
- Green Tea
- Broccoli
- Zucchini
- Sushi
- Carrots
- Tomatoes
- Cold water fish
- Garlic



Exercise



- **One of the most effective ways to relieve stress and promote relaxation**
- **Increases endorphins, which act as opiates**
- **Recreational activities are encouraged upon return to home base**



Party Planning Strategies



- **Eat a good breakfast**
- **Eat a regular meal before the party**
- **Drink water: one glass for every alcoholic drink**
- **Focus on appetizers for variety and right portions**
- **Resist deep-fried foods**



Party Planning Strategies



- **Avoid cream-based foods**
- **Choose fruits and vegetables**
- **Select whole grains, such as crackers and pita breads**
- **Choose sweets made with dark chocolate**
- **Drink sparkling water and juices**



Key Points



- **Rest and rejuvenation should be emphasized to re-optimize mental and physical performance**
- **Alcohol consumed in moderation confers some health benefits**
- **A balanced diet can enhance mental and physical resilience**
- **Binges involving food and alcohol lead to decrements in health**